Winnipeg metro

WEDNESDAY, NOVEMBER 23, 2016

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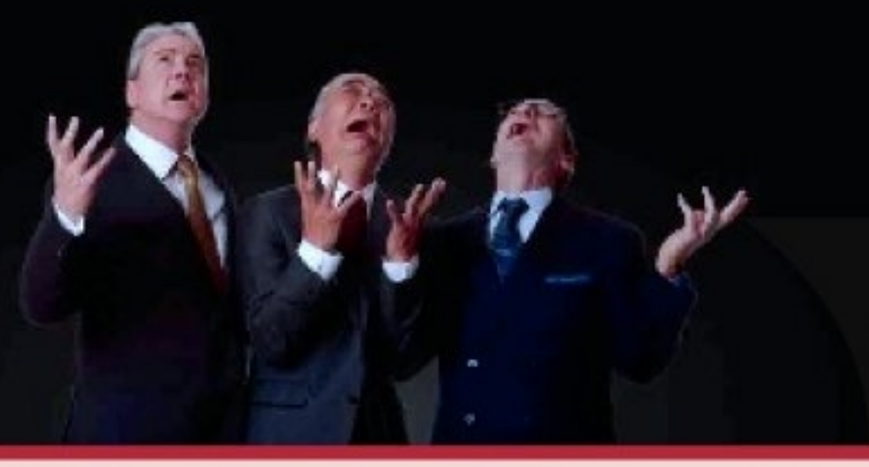

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HOUSING IS WHERE THE HEART IS

Canadians want an inclusive national strategy — and the feds say they'll deliver

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Winnipeg metro

Your essential daily news | WEDNESDAY, NOVEMBER 23, 2016 | High 1°C/Low -2°C Chance of flurries

CANADIAN COLD SNAP BEYOND COM-PEAR

metroLIFE

DAVID LIPNOWSKI/FOR METRO

NO CONCRETE PLAN

Portage and Main reopening left out of city's 2017 budget metroNEWS

MORE ON THE BUDGET ■ Winnipeggers get 2.33% tax hike ■ Growth fee not such a cash grab ■ Good news for small businesses

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HURRY! IT ALL ENDS NOVEMBER 28TH

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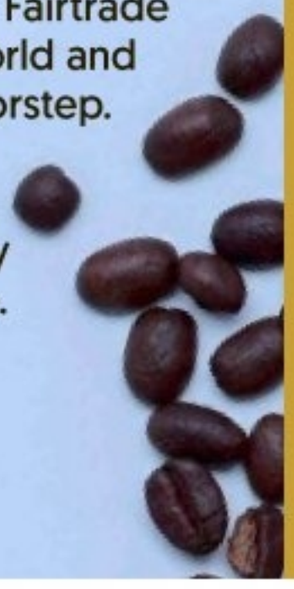

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Your essential daily news
Wednesday, November 23, 2016

BLACK FRIDAY
HOW TO USE TECHNOLOGY TO LOWER PRICE TAGS
BUSINESS

Cancer patient needs your help

HEALTH

Woman on chemotherapy crowdfunding for egg freezing

Jessica Botelho-Urbanski
For Metro | Winnipeg

A 23-year-old East St. Paul woman who said she had a hellish year dealing with a misdiagnosed tumour is crowdsourcing money to fund a fertility treatment.

Rachael Sawka had 16 eggs frozen at the Heartland Fertility and Gynaecology Clinic over the Thanksgiving weekend, a procedure that, along with fertility treatments, will wind up costing about $16,000 altogether, she said.

To keep storing her eggs will also cost about $300 per year, she added.

Sawka's friend started a GoFundMe page to help lessen the financial burden. The goal is $20,000 and as of Tuesday afternoon, the page hit just over $3,800.

Sawka said her chemotherapy doctor strongly recommended she freeze her eggs to make sure she could have kids after undergoing 12 scheduled rounds of chemotherapy, which she began in late October.

Undergoing chemotherapy or radiation treatments doesn't automatically lead to infertility, Heartland's website notes, but "may speed up the natural process of egg loss. This in turn can reduce or even destroy your ovarian reserve."

Rachael Sawka had 16 eggs frozen at the Heartland Fertility and Gynaecology Clinic. She's now crowdsourcing funds to help alleviate the $16,000 cost of the procedure, and to also help offset the annual storage cost of $300. As of Tuesday, more than $3,800 had been raised with the goal set at $20,000. JESSICA BOTELHO-URBANSKI/FOR METRO

Sawka said she believes fertility treatments should be covered by public health care.

"People who can't have babies, I mean you can't blame them for not being able to. You can't blame them either and this is not my fault," Sawka said referring to her disease, a rare form of bone cancer called Ewing's sarcoma.

"(Fertility clinics) are there to help people, but it's more of a business. They make lots of money."

In an email, Heartland's clinic manager Jennifer Leinweber said the costs of egg freezing aren't discounted for cancer patients.

"In some circumstances, we are able to provide the patients with some compassionate medication. The Manitoba Fertility Tax Credit Program will also reimburse patients 40 per cent of their treatment fees (to a maximum of $20,000)," she said. "We have been and are continuing to work with the government to make some improvements to this program to better support folks needing fertility preservation."

Most cancer patients in Winnipeg use Heartland's services for egg freezing, said a CancerCare Manitoba spokeswoman.

Metro first wrote about Sawka in October after doctors allegedly misdiagnosed a tumour on the back of her head as a cyst.

The Winnipeg Regional Health Authority launched a six-week-long investigation in her case to see what went wrong.

After meeting with Sawka last week to discuss their initial findings, they decided to extend the length of their investigation, a WRHA spokeswoman confirmed Tuesday.

COVERAGE

Egg freezing not covered

A CancerCare Manitoba spokeswoman said CancerCare pays for some, but not all fertility preservation services for patients.

"If the patient is getting drugs to suppress ovarian function and the medication (injection) is given at CancerCare Manitoba, then the cost of the drugs is covered by CancerCare Manitoba," the spokeswoman said in an email Tuesday. "But if the drugs given are to stimulate the ovaries to produce multiple eggs for freezing, none of these costs are covered by CancerCare Manitoba."

Treatment costs outside of medication—like egg freezing—are also not covered by CancerCare.

Mayor Brian Bowman previously said he wanted the city to reopen Portage and Main before the 2017 Canada Summer Games next year.
DAVID LIPNOWSKI/ FOR METRO

“I've never had any illusions about the fact that there's a lot of work ahead to do it in a way that is right for downtown.
Mayor Brian Bowman on reopening Portage and Main intersection

Portage and Main barriers remain

FINANCES

Reopening not mentioned in budget, but no other surprises

Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg released its 2017 budget on Tuesday and there's one glaring omission: a concrete plan to tear down the Portage and Main barricades.

A briefing note previously obtained by Metro shows that, back in May, the city set a deadline of July 1, 2017 to reopen the intersection to pedestrians — in time for the city to host the 2017 Canada Summer Games.

Mayor Brian Bowman has since characterized the July 2017 date as more of a hope than a hard-and-fast goal.

"It's something that I would have liked to had open a long time ago, I've never had any illusions about the fact that there's a lot of work ahead to do it in a way that is right for downtown," he told reporters on Tuesday.

Still, Bowman didn't say reopening the historic intersection to pedestrians by next summer is impossible.

He did say discussions with the corner's property owners remain ongoing, and the city will be expected to put cash down to improve the area around the intersection.

"What that ask will be of the city, that's very much part of the discussion," said Bowman.

The budget also shows that growth fees will only generate about $1 million in revenue — significantly less than the $7-$10 million planning, property and development chairman Coun. John Orlikow initially predicted.

The city will start collecting those revenues on May 1, 2017.

Otherwise, the city's spending plan for next year has few surprises and is sparse of many big-ticket capital projects as compared to previous years.

Bowman touted the 2017 budgets as "fiscally prudent."

Balancing the preliminary operating budget of $1.08 billion was partly done through shelving $10.6 million worth of projects until later years and dipping into reserve funds.

Some of those projects include maintenance on fire halls, technology replacements and refurbishments for libraries and purchasing new equipment for recreation centres.

2.33%
▲
Property tax increase

Homeowners can still expect property taxes to increase by 2.33 per cent — an extra $38 for a home assessed at $288,190 — which is same as the 2016 budgets. There will be no additional hikes in frontage levies and water and sewer rates will remain at 12 per cent.

Spending on road repair will be the same in 2017 as this year at $105.2 million.

Bowman said additional revenue from property taxes and millions collected through efficiency measures allow the city to fund road repairs without cutting services or increasing user fees.

Coun. Ross Eadie was more critical of the plan. He called the road repairs budget a shell game, saying the idea behind annual property tax increases is to see that budget rise incrementally, not keep it as a flat amount.

Regional roads scheduled for repair in 2017 include Empress Street from St. Matthews to Portage Avenue and Ellice Avenue from Erin to Arlington.

This year's operating budget also features a small reduction in the business tax rate from 5.3 per cent to 5.25 per cent, something 5,900 businesses will benefit from.

In terms of spending on departments, Winnipeg's fire and paramedic department will see an increase of $8.9 million from last year.

The Winnipeg Police Service will see just $7.3 million more in its budget coffers, compared to $16 million in 2016.

This year's increase falls in line with the rate of inflation, which Bowman wanted. The president of the Winnipeg Police Association said afterwards that increase is concerning.

"Criminals don't take into account inflation rates when they're planning to do their crimes, so we are definitely concerned that this is going to cause a decrease in service to the citizens of Winnipeg," Moe Sabourin told reporters.

Winnipeg's fire and paramedic department will see an increase of $8.9 million from last year.

After it's tabled at the executive policy committee on Tuesday, the 2017 preliminary operating and capital budgets will undergo three weeks of scrutiny by various committees before council passes it Dec. 13.

$ SPENDING HIGHLIGHTS

Other projects outlined in the budget on Tuesday include:

Pedestrian promenade
$5.2M towards creating a pedestrian promenade towards Tache Promenade, along the Red River in St. Boniface between the Provencher and Norwood Bridge .

Bike infrastructure
$13.5 million in active transportation infrastructure, including new buffered bike lanes along Pembina Highway, new bike corridors, new protected bike lanes along Empress Street and renovations to the Transcona Trail walkway.

New library
$2.4 million towards a new library in Transcona.

Spray pads
$2 million for new spray pads at the North Centennial Recreation and the Freighthouse.

Pool upgrades
$2.4 million for repairs and upgrades to Seven Oaks pools.

Innovation capital
$1 million towards the innovation capital fund, the same as 2016.

Aboriginal Youth Strategy
Aboriginal youth strategy funding at $1.75 million.

Arts council funding
Winnipeg Arts Council funding stays at $7 per capita.

Transportation management
$3.5 million for the operation of the Transportation Management Centre.

Transit operations
$191.3 million in the operating towards transit, which includes the extension of route 33 to Amber Trails and routes 84/86 to Bridgwater.

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Housing strategy rings true

SHELTER

Report reveals shortcomings in affordable options: Experts

Braeden Jones
Metro | Winnipeg

Housing experts in Manitoba say the story told by the National Housing Strategy report released Tuesday is one that rings particularly true in the keystone province.

"There were a couple of key themes that I noted in the report… especially here," said Right to Housing (R2H) Manitoba spokesperson Josh Brandon.

The report released Tuesday — National Housing Day — entitled: What we heard: shaping Canada's National Housing Strategy, summarizes the findings of a four-month long countrywide consultation.

Brandon and R2H contributed a written submission to the committee, joining nearly 7,000 other voices weighing in through focus groups, surveys and other means.

As both Brandon and the report authors note, the consultations "indulge people's expectations," revealing some obvious shortcomings in affordable housing today.

"One thing I noticed is the need to do much more around indigenous housing," Brandon said. "That's a key concern here, that indigenous people, whether living on or off reserve, are much more likely to experience a housing crisis."

A year-old analysis conducted by Brandon and the Social Planning Council of Winnipeg found 28 per cent of indigenous Manitobans live in overcrowded housing, amounting to nearly three-times the rate for non-indigenous Manitobans.

"We need to give the indigenous community the tools (and autonomy) they need to provide successful housing opportunities," Brandon said.

Another observation in "What we heard" he found especially relevant locally is a growing need for "real low-income housing."

"We've been okay at providing what's called 'affordable housing' in recent years… for mid and moderate income earners, but for low income earners there is very little housing available," he said.

For example, the CPCW analysis says that an overwhelming majority of housing is at the top end of the housing market, and vacancy rates are lowest for anyone looking at the cheapest 25 per cent of the local housing stock.

"There is very little availability and very little overall stock," Brandon said.

More coverage, pg. 11

Housing experts in Manitoba say the story told by the National Housing Strategy report released Tuesday is one that rings particularly true in the keystone province. LYLE STAFFORD/FOR METRO

> That's a key concern here, that indigenous people, whether living on or off reserve, are much more likely to experience a housing crisis. Josh Brandon

IRCOM GETTING IT RIGHT

Although there were some coast-to-coast needs ringing true locally in the federal housing report released Tuesday, there was one shortcoming highlighted that a Winnipeg-based group already has well in hand: moving away from "brick and mortar" housing to a support-based model. The Immigrant and Refugee Community Organization of Manitoba (IRCOM) has recently combined various supports for newcomer immigrants and refugees with housing to simplify the settlement process.

Josh Brandon of Right to Housing (R2H) Manitoba explained how IRCOM's model actually addresses barriers to successful settlement during the housing process.

"Supports are built right in (to housing) for newcomers, providing them with literacy training, childcare, and other things they need to become successful, contributing members of the community," Brandon said.

REPORT

Indigenous people would boost economy

The National Aboriginal Economic Development Board says Canada's GDP would get an annual boost of $27.7 billion if barriers were removed to ensure indigenous people can participate in the economy.

The group's latest report, to be released Tuesday, says equal economic opportunity for indigenous peoples would help Canada address ongoing economic challenges caused by low productivity and demographic pressure from an aging population.

It also notes the productivity of Canada's Aboriginal Peoples would match that of their non-indigenous counterparts if they received the same level of education and training.

The report says an additional $8.5 billion in income could be earned every year by the indigenous workforce if education and training gaps are closed.

For example, it suggests B.C. could stand to benefit to the tune of $1.4 billion a year in additional income earned by more than 125,000 workers, while Ontario could bring in an additional $2 billion through more than 169,000 workers.

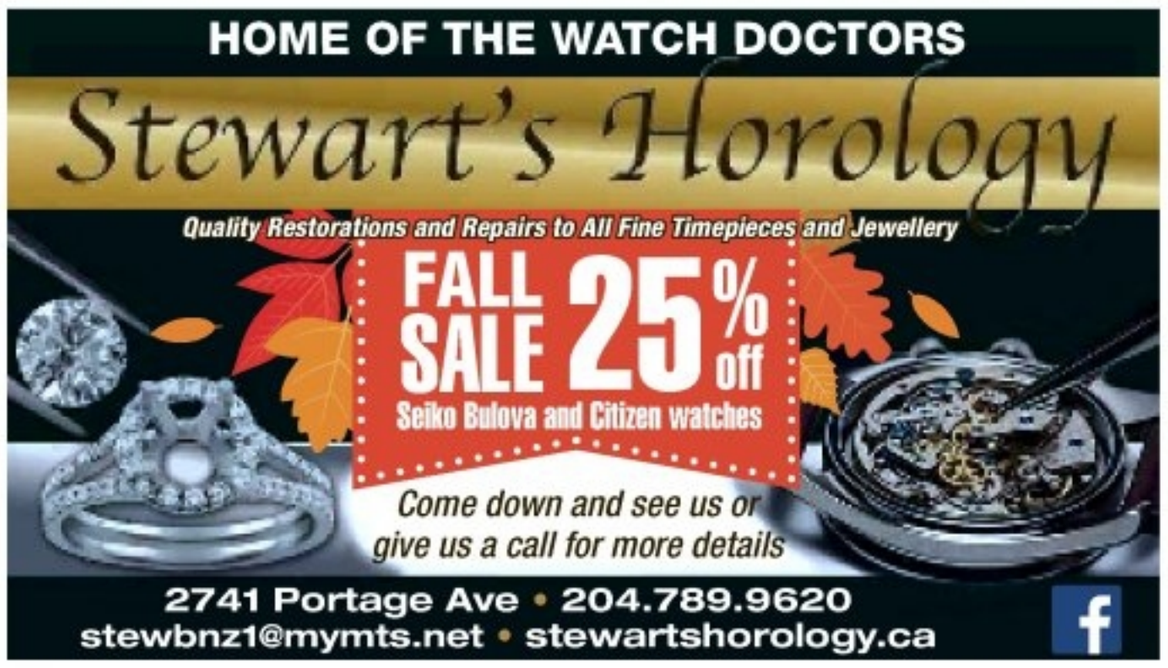
The board says the indigenous labour force is underutilized, despite the fact the indigenous population is young and growing fast.

Dawn Madahbee Leach, the board's interim chair, says economic development can also assist in reconciliation efforts.

"I can tell you first-hand, when somebody is provided with a job, they are able to provide for their families with regards to basic needs like shelter and food and then they become a role model for their children," she said.

"This report deals ... with helping our people to help themselves through employment, through education and training."

THE CANADIAN PRESS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Apocalyptic Amerika: Wintersleep's bleak hit takes more hopeful turn

Montreal band Wintersleep are turning bad news into good alt-rock shows.
PHOTO COURTESY NORMAN WONG

MUSIC

Song written three years ago lines up with today's politics

Nigel Moore
For Metro | Winnipeg

Currently on a Canadian tour, alt-rockers Wintersleep are on the road sharing some timely thoughts about our neighbours to the south, whom we're told are about to be made great again.

The Montreal-based band released their sixth LP The Great Detachment last March. They will play the Garrick Centre this Saturday.

The video for first single Amerika, which was nominated for a UK Music Video award, offers an apocalyptic worldview against the backdrop of a burning American landscape.

It depicts racial tension, gun violence, freedom of religion and health care among other issues, and includes a clip of president-elect Donald Trump speaking at a rally: "We don't have victories anymore. We'd win. We'd always win. Now we never win."

Oh, and there's a comet that's about to impact and end all life on Earth.

On the phone from Victoria, drummer Loel Campbell admits the video is kind of bleak.

"When we wrote and put the song together, it was three years ago now. We had no idea that it would line up in this way, oddly, which is perhaps the most dramatic political situation in American history," he said.

We all have to make the best of it, said Campbell.

"Live, we have so much fun playing the song," he said. "It has a good groove and there's positive energy behind the music. Every night that translates into hope."

"It's good bringing people together and having a crowd singing along to it. That's kind of a unity and hopefully we can move on."

Wintersleep started playing Amerika live to audiences in the U.S. back when Bernie Sanders and Hillary Clinton were still battling for the Democratic nomination.

"At that time, a lot of people were feeling hopeful about Bernie. It felt like we were tapping into something good, where change was possible and this big shift in American politics looked like it might happen," said Campbell.

"But as time goes on, I think the song will take on a different meaning in the next four or eight years. It's going to be interesting to see how it will apply to America."

IF YOU GO

The show starts at 8 p.m. Tickets are $25 at Ticketmaster.

HOCKEY

Heritage Classic banners on sale

Braeden Jones
Metro | Winnipeg

It's one thing to buy a hat or a jersey, but some Jets fans are bidding to commemorate the 2016 Heritage Classic with one of the huge promotional banners that hung on downtown light posts before the event.

Even though the Jets lost the outdoor game against Edmonton, dozens of people have submitted bids for one of 12 "heritage classic street banners" through the National Hockey League's (NHL) official auction site.

As of Tuesday afternoon, the highest bid on any one of the banners was $210.

The size is listed as 30 inches wide by 90 inches tall.

A flag flown at spectator plaza is also available, with a current bid of $141, and the signage used on the fence at Spectator plaza is currently at $126.

Through social media, a representative for the Jets said "proceeds go toward (the team's) donation" to its Hockey Fights Cancer campaign and CancerCare Manitoba.

The auction closes Sunday at 10 p.m.

The current top bid: $210.
COURTESY NHL JETS

'Get your parka ready,' it's gonna be a proper winter

WEATHER

Meteorologist says coldest air to rest over central Canada

Winnipeggers got their first taste of winter on Tuesday, waking up to a city covered in snow.

And while drivers may have cursed their first slow, slushy commute into work, they should consider this an easy start to the winter season. Temperatures hovered at around the freezing mark that morning, but the average November air is a cooler -4 C.

"It's a little bit more of a reality check," said Kelly Sonnenburg, meteorologist with The Weather Network.

Alas, this abnormally warm fall — with more than 10 days of temperatures above 10C in November alone — is over.

> **It's a little bit more of a reality check.**
> Kelly Sonnenburg

The Weather Network is forecasting a "classic Canadian winter" for the country, and Manitoba is no exception, said Sonnenburg.

"We think the coldest, most persistent air will be situated over central Canada, so that's anywhere from Saskatchewan, through Manitoba and into the Great Lakes region," she said. "We're thinking Arctic plunges, Arctic outbreaks are in the future for this winter."

In short: "Get your parka ready."

However, the good news is the winter shouldn't be as persistently bad as the winters of 2013 and 2014, where daytime highs struggled to soar above -15 C.

METRO WITH FILES FROM BRAEDEN JONES

Shawn Joss shovels snow Tuesday as Winnipeg woke up to the first snowfall of the season. DAVID LIPNOWSKI/FOR METRO

TRAFFIC

Slippery streets a perennial problem

Accidents began cropping up overnight Monday on Winnipeg's wet, traction-less streets, and in many cases began stopping the flow of vehicles on major corridors around 7:30 a.m. Tuesday, lasting through the morning rush hour.

Around the city, almost all major highways and the Perimeter Highway were noted on social media as slippery by commuters reeling from their drives, and Manitoba RCMP warned them to take precautions.

First responders were pulled in multiple directions as major accidents were reported south and east of the city.

Around Winnipeg, vehicles wound up colliding with medians, in at least one case a light standard — and in many cases each other.

Manitoba Infrastructure issued a public advisory around 10 a.m. to remind drivers to "slow down and drive according to the conditions in order to get to their destination safely."

The advisory noted that the posted speed limit "is intended for ideal road and weather conditions" and also recommended turning on headlights rather than relying on daytime running lights to help with visibility.

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Youth left out of housing report

NATIONAL HOUSING STRATEGY

Rising prices mean younger Canadians locked out

May Warren
Metro | Toronto

The first glimpse at what's in store for Canada's National Housing Strategy misses the mark when it comes to millennials and young families says a youth advocate.

A federal government report released Tuesday presents the results of four months of nationwide consultations on housing that will shape recommendations in the final strategy, planned for release sometime next year.

It identifies key priorities, like eliminating homelessness, and recognizing the unique challenges indigenous people face in finding housing. But there's not enough about the growing problem of young people priced out of home ownership — and even the rental market — in big cities like Toronto, said Paul Kershaw, founder of the non-profit Generation Squeeze.

"I'm very discouraged by the way in which this report suggests it has heard from Canadians across the country because it is still reflecting a very outdated sense of what's happening in the housing market," he told Metro.

Jean-Yves Duclos, minister of families, children and social development, said the new report will help guide the housing strategy he plans to deliver at the same time as next year's federal budget.

Duclos said he also hopes to announce some new programs to incentivize rental housing construction in the weeks ahead after the government put out a call for proposals earlier this year.

The $2.5-billion project, spread over four years, is meant to make sure more affordable rental housing is built in Canada more immediately as the government works on a longer-term strategy.

He said they will be looking for innovative ideas on how to build more rental housing.

Youth are mentioned in the report, but they are lumped into a category of vulnerable groups called "other," along with LGBTQ people and veterans. They're also not highlighted at all in the executive summary.

Daniel Bernhard and his partner rent in Toronto's Little Italy. They doubt they'll ever be able to save up enough for a down payment on a home. LIZ BEDOALL/METRO

METRO KEY FINDINGS

RENTAL DECAY
75% of apartment buildings across the country are more than 30 years old and "many" are in poor shape or in need of repair.

INCOME VS. COST
The price of houses across the country has grown, on average, almost three times faster than income over the last 15 years.

HOMELESSNESS
A fundamental goal should be eliminating homelessness, or, if that's not possible, make it more rare.

IN BRIEF

Drug users warned after carfentanil seized

Vancouver police are warning drug users to be cautious following the seizure of an opioid that is used to tranquilize elephants and believed to be 100 times more powerful than fentanyl.

Police said it was the first time the drug was seen in Vancouver, but it has appeared elsewhere in Canada, including Alberta, Manitoba and Ontario.

THE CANADIAN PRESS

CRIME

'Let someone else put Halifax on the map'

Adina Bresge
For Metro | Halifax

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f--- you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced to 10 years behind bars in Nova Scotia Supreme Court on Tuesday after pleading guilty to conspiracy to commit murder.

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BLACK FRIDAY DOOR CRASHER
ENDS NOVEMBER 28TH

Trump backtracks on promises

GOVERNMENT

President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he:

- **Pushed back against questions about conflicts** that could arise due to a lack of separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."
- **Took his strongest stance yet against the "alt-right,"** a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."
- **Spoke positively** not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

But some of his conservative supporters strongly disagreed.

Breitbart, the conservative news site whose former head, Stephen Bannon, is now a senior counsellor to Trump, headlined its story about the switch with "Broken Promise."

THE ASSOCIATED PRESS

THANKSGIVING IN SPACE

In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP

NASA astronauts Michael Hopkins and Rick Mastracchio enjoy a Thanksgiving meal on Nov. 28, 2013. FLICKER/NASA

Getting all ten members of the Endeavor and Expedition 18 missions wasn't easy as the two crews shared a Thanksgiving meal on Nov. 27, 2008. FLICKER/NASA

Astronauts cook up Thanksgiving meal

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kimbrough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

> **"I'm going to try to make it as much like home as we can."**
> Shane Kimbrough

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required."

THE ASSOCIATED PRESS

NORTH DAKOTA

Pipeline protester may lose arm after injury

A New York woman seriously injured protesting the Dakota Access oil pipeline faces multiple surgeries and could lose an arm, her father said Tuesday, and protesters and law enforcement gave conflicting accounts about what might have caused the explosion that injured her.

Sophia Wilansky, 21, was listed in serious condition and was undergoing surgery at a Minneapolis hospital.

Wilansky's father, Wayne Wilansky, said his daughter was hurt when law enforcement threw a grenade. The Morton County Sheriff's Office maintains authorities did not use concussion grenades or any devices that produce a flash or bang during a clash late Sunday near the camp along the pipeline route in southern North Dakota.

The sheriff's office suggested in a statement Monday that an explosion heard during the skirmish might have been caused by small propane tanks that authorities said protesters had rigged to explode.

THE ASSOCIATED PRESS

IN BRIEF

Tensions rise in Haiti

For a second straight day, partisans of a Haitian political faction threw rocks at police and burned tires Tuesday to demand "fair" election results, which they insisted would put their candidate in the presidency. Police in riot gear dispersed the demonstrators from the Lavalas Family faction with volleys of tear gas shortly after they gathered in Port-au-Prince. THE ASSOCIATED PRESS

LEGISLATION

Turkey scraps child marriage bill

Turkey's government on Tuesday scrapped a proposal that critics said would have allowed men accused of sexually abusing underage girls to go free if they were married to their victims.

The proposal, which had provoked a public outcry, was scheduled to undergo a final vote in parliament on Tuesday. It would have deferred sentencing or punishment for sexual assault of minors in cases where there was no physical force and where the victim and perpetrator were married.

Hours before the vote, Prime Minister Binali Yildirim said the government had withdrawn the bill to submit it to a review by a parliamentary committee. But Justice Minister Bekir Bozdag later said the proposal had been shelved and would only come back on the government's agenda if all parties in Parliament manage to reach a consensus.

"The issue has been closed," Bozdag said.

The age of consent in Turkey is 18, although courts permit civil marriages for people as young as 16. Many boys and girls younger than that are married in Islamic ceremonies.

The government has argued for the need to redress "unfair treatment" of families where men were placed in jail for marrying girls under the age of 18 even if both parties and their parents consented.

The proposal by the ruling Justice and Development Party, rooted in Turkey's Islamic movement, would have applied to cases that had occurred between 2005 and Nov. 16 of this year. The measure would have required men who were married to minors in Islamic ceremonies to formalize their union with civil marriages.

THE ASSOCIATED PRESS

Trans-Pacific deal needs U.S. to survive

TRADE

Canadian minister says 12-nation pact in jeopardy

The Trans-Pacific Partnership can't go ahead without the United States, Canada's trade minister said Tuesday in the wake of Donald Trump's renewed vow to pull his country out of the controversial 12-country pact.

International Trade Minister Chrystia Freeland said it's long been no secret that the Pacific Rim deal would hinge on the participation of the U.S., a factor that boils down to simple arithmetic.

The TPP, as it is known, can only come into force if ratified by six of the 12 member countries representing 85 per cent of their combined GDP, Freeland said Tuesday.

Minister of International Trade Chrystia Freeland speaks to reporters during the APEC Summit in Lima, Peru. The TPP can't go ahead without the United States. THE CANADIAN PRESS

"What that means, in practice, is the TPP agreement as currently structured and finalized can only come into force if it's ratified by the United States — but that's not new," Freeland said.

In a YouTube video released Monday, Trump said he will issue a notification of intent to withdraw from the agreement on his first day in power, a move many believe would kill the deal outright.

A Canadian government official, speaking on condition of anonymity because of the sensitive nature of the issue, said no decision on pulling out of the TPP becomes final until February 2018.

When the participating countries signed the agreement last February in New Zealand, that two-year time frame was built into the process to take into account the domestic political situations in all 12 countries, the official said.

The TPP is intended to open up trade among the 12 countries that encompass nearly 40 per cent of the world's GDP, including Canada.

During question period Tuesday, Conservative trade critic Gerry Ritz urged Canada to follow some of its other TPP partners — notably Japan, New Zealand, Mexico and Australia — and ratify the deal without the U.S. THE CANADIAN PRESS

BLACK FRIDAY

Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them. Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

COMPARISON SHOP

Know the regular price of what you are looking for. Bar code scanner apps, like Shopsavvy, should be your go-to tool as well as price comparison sites, including Google Shopping.

START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online offerings tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash back sites like Ebates.com.

TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

WATCH THE SHIPPING

If you are buying from the U.S. or elsewhere, always double-check the shipping options, and if it might get hit by additional duty fees. Keep an eye out for changes: recently Walmart and Amazon raised their free shipping thresholds.

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metro VIEWS
Your essential daily news
Wednesday, November 23, 2016

JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY

It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humourous, and some so offensive that they are banned from university campuses.

Comedian Dave Chapelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'… You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chapelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20.

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.

FACES OF GRIEF Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September.
JESSICA ALLEN/FOR METRO

The crowd began to chant "D–ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20. "They look really nice," a woman said, holding one up to herself. Harambe pins were $1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played. "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of An Angel." In between songs, the "d–ks out" chant returned.

"Someone is smoking weed," a woman said to her friend. "Maybe they're smoking Harambe's ashes."

In a quiet moment, someone shouted, "F–k that kid," which was repeated by the crowd.

"More like f–k that kid's parents."

"F–k the mom."

"Shoot the kid."

Laughter shifted to quiet discomfort.

Until a student climbed the boulder and banged his chest at the top. The crowd applauded and then insisted he "whip it out."

"I don't know if Harambe supports peer pressure," an organizer said on the mic, "so can we just come together for this next song?"

Which was Black Eyed Peas' "Where is the Love?"

People pretending to cry posed together for selfies. A student wearing a cardboard sign that read "Harambe is love. Harambe is Love. May his light shine on us all" weaved through the crowd, which looked to be about 150 strong.

Sam Smith's "Stay with Me" played, followed by Michael Jackson's "You Belong To Me."

"Someone curated the playlist really well," a woman noted.

"What started off as a joke …" an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s–t out for Harambe!"

"F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cellphones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette.

"I hate myself," she said.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

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Your essential daily news

Wednesday, November 23, 2016

Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

Moana based on rich past

DISNEY MOVIE

History of Polynesians not taught in many schools

Genna Buck
Metro Canada

We set a course to find
A brand new island everywhere we roam
Aue, aue
We keep our island in our mind
And when it's time to find home
We know the way

These words, from We Know the Way, a soaring number in the new Disney musical Moana, describe a real-life society more magical than the usual enchanted forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-catamaran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As the song says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

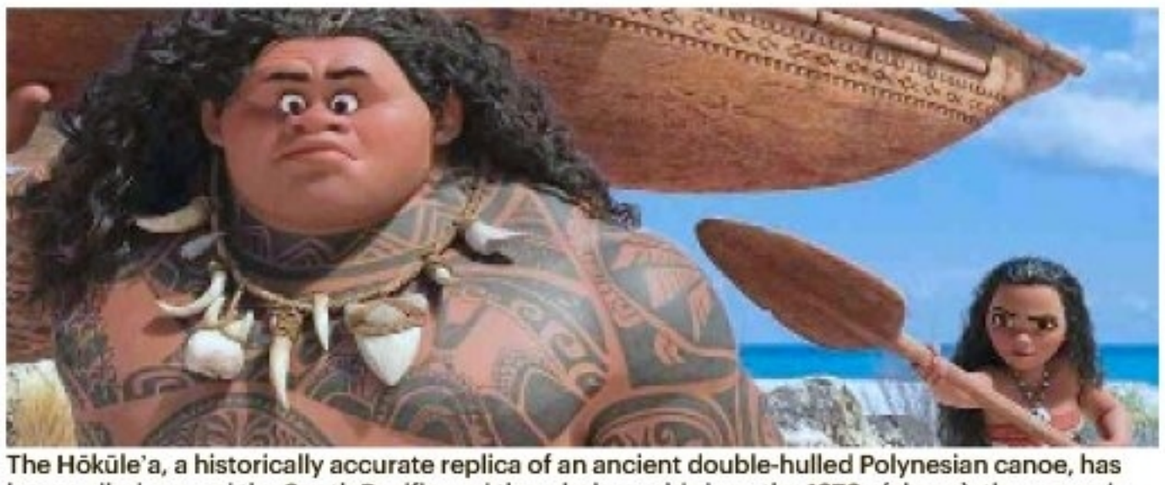
In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed with wanderlust, she sets sail to discover someplace new.

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations built up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical Moana (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Is The Fall good or fake good?

THE SHOW: The Fall, Season 3, Episode 2
THE MOMENT: The hospital visit

At the end of Season 2, Paul Spector (Jamie Dornan) confessed to being the Belfast Strangler, who murdered many women. Then he got shot. Now he's in hospital recovering, while Stella Gibson (Gillian Anderson), the lead detective who hunted him down, hovers nearby.

A doctor asks Spector what year it is. He answers, "2006." (It's really 2012.) The doc dismisses that as normal disorientation. A scene later, Spector's daughter Olivia (Sarah Beattie) visits him. He seems bewildered to see her. "Why are you so big?" he asks.

Oh no. Amnesia??? You may argue that I should wait and see; perhaps he's only pretending. He's a criminal mastermind, after all. To that I reply, oh no. Fake amnesia???

This series has always confused me. The scripts' many lines of allegedly feminist dialogue are so on the nose they're almost risible. ("We've chosen to work in a masculine, patriarchal, paramilitary culture," Gibson purrs to a fellow female cop. "Let's not let it beat us.")

Even worse, that feminist talk is set off by far more numerous, lovingly-shot images of Spector's misogynistic thrill kills.

And now (sigh) amnesia??? Could this series' attractive surface be fooling us? Could it be ... fake good?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The Fall aired on Bravo. Episodes can be seen at bravo.ca. CONTRIBUTED

PRODUCE

Roly-poly pear produced to be a wintertime favourite

Pear-fectly Canadian

This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will extend across Canada.
CONTRIBUTED/VINELAND GROWERS CO-OPERATIVE

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Co-operative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, coldsnappear.ca.

As part of the branding process, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem Cold Snap doesn't have. She says participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

Buy & Store

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for poaching, roasting or baking.

Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin. TORSTAR NEWS SERVICE

RECIPE

Hazelnut Pear Cake
Makes 10 servings.

Ingredients:
- 4-1/2 cups (1.125 L) water
- 2-3/4 cups (675 mL) granulated sugar
- 1 tsp (5 mL) lemon zest
- 1/4 cup (50 mL) fresh lemon juice
- 1-1/2 tsp (7 mL) vanilla
- 5 small pears, peeled, cored and halved
- 2 cups (500 mL) ground hazelnuts
- 6 large eggs, separated
- 1/4 tsp (1 mL) cream of tartar
- Garnish: icing sugar

Directions:

1. In large saucepan, combine water, 1-1/2 cups (375 mL) of the sugar, lemon zest, lemon juice and 1/2 tsp (2 mL) vanilla. Stir over medium-high heat until sugar dissolves. Add pears; bring to boil. Reduce heat to medium and simmer until pears are just tender, turning occasionally, about 10 minutes. Let cool in syrup. (Prepare up to 1 day ahead, cover and refrigerate.)

2. Drain pears well, reserving syrup for another use. In medium bowl combine hazelnuts, 1 cup (250 mL) of the remaining sugar and cornstarch; set aside.

3. Grease and flour (regular or gluten free) a 10-inch (3 L) springform pan. Set aside.

4. In large bowl, beat egg yolks until frothy. Stir in remaining 1 tsp (5 mL) vanilla and hazelnut mixture until well combined; set aside.

5. With clean beaters, beat egg whites until frothy. Add cream of tartar and beat to soft peaks. Beat in remaining 1/4 cup (50 mL) sugar until peaks are stiff. Stir one-third of whites into egg yolk mixture and combine well. Gently fold in remaining whites. Pour into prepared pan.

6. Place one pear half, cutside down, in the centre of batter and arrange remaining halves in a circle around it, stem toward centre, leaving a 1-inch (2.5 cm) border. Bake in 350°F (180°C) oven 1 hour and 15 minutes or until golden brown and cake part no longer looks wet. Cool on rack for 15 minutes. Run sharp knife around edge of pan. Remove side and use a metal spatula to remove bottom; cool cake completely on rack.

LIQUID ASSETS PETER ROCKWELL

Finding a flavourful people-pleaser of a wine

With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico ($13.95-$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.

BOOKS

We need 'famous' cuisine: Myers

Amy Pataki
Torstar News Service

Mike Myers eats like other Canadians do.

He has ordered perogies in Winnipeg and peameal bacon sandwiches at the CNE. He even craves Kraft Dinner but once had to leave the supermarket without it after he was swarmed by 200 people. In Coboconk, Ont., population 800.

The actor/comedian writes about food and other matters of national identity in Canada, published recently for the upcoming sesquicentennial.

When it comes to Canadian food, Myers says nobody knows about it.

"In New York City, I'll go out for Italian, Chinese or Mexican, but when's the last time you went out for Canadian? You didn't. And don't say poutine. That's a topping."

I beg to differ. Self-described Canadian restaurants abound accross the country, of which Canis in Toronto is the latest to wave the flag.

Actor/comedian Mike Myers writes about food and other matters of national identity in new book, Canada. SCREENSHOT

"We know we don't have a 'famous' cuisine, but we also know we do have 'famous' ingredients. B.C. apples, Saskatchewan wheat, Nova Scotia salmon and Manitoba … stuff," Myers writes.

"Ingredients are what help define Canada. Likewise, Canadian culture as a whole may not be famous, but the 'ingredients' of our culture are."

Well played, Mr. Myers, well played.

Four things I learned from Mike Myers' Canada:

- Paul McCartney wears an Ontario Provincial Police patch for the 1967 Sgt. Pepper's Lonely Hearts Club Band album.
- Maple Leafs is grammatically correct because it is the plural of a name, not a unit of foliage.
- Canadians say been as "bean" vs. Americans, who pronounce it "bin."
- A "Scarborough suitcase" was a 12-pack of beer with a cardboard handle.

FOOD BRIEFS

Kids who drink whole-fat milk leaner, study finds

Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said. THE CANADIAN PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

PICK THIS

Milestones Chili Popcorn Shrimp with Chili Avocado Sauce

Calories 540
Fat 32g
Saturated Fat 4.5g
Sodium 1510mg

SKIP THIS

Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips

Calories 1150
Fat 81g
Saturated Fat 30g
Sodium 1490mg

HERE'S WHY

Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

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Entertainment | Chris Nashawaty
"BEAUTIFUL, BOLD AND BLAZING WITH SEX AND SUSPENSE.
'Allied' is a gorgeously photographed, intensely romantic, action-packed film by the great director Robert Zemeckis.
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THE NEW YORK OBSERVER | Rex Reed
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A driver's car with great tech

REVIEW

CX-9 an easy car to spend time in

Jonathan Yarkony
AutoGuide.com

While every passing week we've spent with the CX-9 proves that it is a driver's car through and through, some days, you just want your car to deliver you to the office with the least amount of stress possible.

Although Mazda isn't anywhere close to Tesla AutoPilot or Mercedes Intelligent Drive in terms of autonomous driving, there are a handful of systems that provide a security blanket, while others take a little bit of the workload off the driver.

The most prominent driving convenience feature of the CX-9 has to be adaptive cruise control, which allows you to set a chosen top speed, and the vehicle maintains that speed but also slows down when approaching slower traffic.

At highway speeds, the CX-9 does so seamlessly, calmly keeping your designated speed and a gap that you can set on the steering wheel controls, both of which are displayed in the head-up display unit along with current speed. In most cases, the CX-9 slows gradually when approaching slower traffic, though not early enough when approaching stand stills or crawling traffic jams.

My main complaint is that Mazda's adaptive cruise cuts out below 24 km/h, unlike some (like the Honda Civic!) that can bring you all the way down to a crawl, and even handle brief full stops during stop-and-go traffic.

Thankfully, the CX-9 also has forward collision alert (Distance Recognition Support System or DRSS and Forward Obstruction Warning in Mazda-speak), which broadcasts a sharp beep when coming up too fast on vehicles ahead. While we rarely needed this, it did on a couple occasions get my full attention when I may have been daydreaming or staring too hard at a Z06.

Meanwhile, there is no shortage of technology inside the car to keep you entertained and informed, accessible via the Mazda Connect interface. We really loved this system at first glance and when we first encountered it in previous models. It has a large, clear, highly visible screen atop the dash close to one's driving sightlines, and the graphics are modern and appealing. While it is a touchscreen, it can only be controlled by touch when the vehicle is stationary, and some functions, like rearranging your audio favourites, are also only available when parked.

While this descends into seriously spoiled-auto-reviewer territory, Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kias and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons for functions at the bottom of the screen take a bit of getting used to.

THE CHECKLIST | 2016 MAZDA CX-9

THE BASICS

Engine: 2.5L turbo four-cylinder
Transmission: Six-speed automatic
Power: 227/250 hp, 310 lb-ft of torque
Curb Weight: 1,950 kilograms
Fuel Economy (L/100 km): 11.2 city, 8.8 hwy
Price: Starts at $37,195; $51,995 as tested (freight included)

LOVE IT

- Mazda Connect
- Forward collision alert

LEAVE IT

- Unclear buttons on steering wheel
- Adaptive cruise cuts out at under 24 km/h
- Satellite radio functions could use an update.

Staying safe with an accident

SAFETY TIPS

Having an emergency kit is just a start

Jason Menard

No one expects to get in an accident or have their car break down on the side of the road, but preparing for it can help avert a greater tragedy — or even death.

"Stay put. It's easy to become disoriented in a storm," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers.

"Unless you know there's shelter very nearby, stay in your vehicle.

"Some people will get out and walk, but it's not a good idea."

Your vehicle provides natural shelter from the environment and you can use it to help keep you warm.

However, there are some precautions you need to take if you're in this situation.

"Make sure you remove the snow from your exhaust pipe to prevent carbon monoxide from backing up into the car," he said. "You can run your engine and heater for 10 minutes every hour, and put out a reflective triangle or S.O.S. banner."

You don't have either of those? Wilson said they — along with other vital tools — are a must in any car.

"The first thing you should have in your car is an emergency kit," he said, adding that you're going to want one that includes a first-aid kit, a compass, water, food, flares, candles in a deep cup, and blankets.

Wilson said that having extra clothes also helps.

"You're going to want to wear layers. Have extra jackets, boots, socks, and other dry clothes in the car to change into," he said, adding that drivers often feel a false sense of security driving from warm homes and garages to warm destinations.

"We often see people driving in the city, wearing a nice little leather jacket and nice shoes, but if your vehicle breaks down they won't keep you warm."

Obviously, ensuring your cell phone is charged will help, he said. But that may not help in areas where service is interrupted.

And the best way to deal with winter challenges is to be informed and try to avoid them. To help with that, the AMA offers some resources to help.

"If someone is looking for more information, CAA offers an on-line winter driver's course," he said. "It will give you tips and strategies to help you during the season."

TRACTION TIP

There are also various tools and implements that can help you gain traction if your vehicle is stuck in a snowbank, but one of the most effective items is something you likely wouldn't consider.

"Kitty litter," Wilson said. "It's very effective, if you get stuck, to give you traction under the wheel."

Keep a reflective triangle in your car emergency kit. ISTOCK

How to keep your car warm

Canadian winters can be notoriously tough on vehicles. Sub-zero temperatures can wreak havoc on your car's engine, but there are a few things you can do to enjoy smooth starts and warm rides throughout the winter season.

And the best way to prevent trouble with cold weather is to keep your car warm.

"We recommend if the temperature is under –15 for an extended period of time, plug your vehicle in," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers. "In this environment, you really should have block heaters."

However, Wilson is aware that not everyone can have a block heater. And there are certain situations where a block heater is inaccessible.

"Some people work in a building with outdoor parking, so their cars are there for seven or eight hours at a time," he said. "You should go out every couple of hours and start the vehicles on those cold days."

What fluids you put into the vehicle can also help to ensure more smooth starting for your car.

"Something you can do is switch to a synthetic oil — it won't thicken and it flows better than conventional oil," he said. "And make sure to keep a full tank of gas to minimize the risk of gas line freezing."

There's no need to idle the car. Clear it, then start and go. ISTOCK

Wilson explained that drivers should keep a minimum of a quarter tank of gas in their vehicle at all times. However, if you're planning on hitting the road or driving for long distances, you may want to top up the tank.

"Some people will be going skiing three hours away and say, 'I can make that on three-quarters of a tank,'" he said. "But that's three hours on a perfect day. If you go out, it's windy — which can affect fuel consumption — or you get stuck in traffic, now you're going to run out of gas."

And there's no debate about the best way to warm up your car. The old days of letting a car run in the driveway for two minutes is not only ineffective, but hazardous to the environment.

"With new vehicles, they run most efficiently when you start them up and go," he said. "If you're going to be chipping away at ice for a while, you may want to start the car half way, but otherwise, just start and go.

"If you're going to sit there for 10 minutes, idling, it's horrible for the environment, you're wasting fuel, and it's not warming your car up any faster." — JASON MENARD

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Driving in winter

Don't set yourself up for winter-driving failure: head out early, check road conditions and leave yourself lots of space. ISTOCK

BEHIND THE WHEEL

Experts guide you to best road practices

Jason Menard

When it comes to safely navigating the highways and byways of a Canadian winter, the key things people need to focus on are speed, distance, direction, and time.

"The first thing people can do is to increase their driving distance," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers. "It can take up to 12 times as long to stop on icy roads as it does on dry roads."

In general, people should leave three seconds between themselves and other vehicles on the road, but during snowy and icy conditions, that distance should be increased. One way to judge is to focus on stationary objects.

"The most accurate way is to count the time between passing a stationary object — like a road sign," he said. "Once the car ahead of you passes that sign, start counting one-one thousand, two-one thousand… all the way to six-one thousand. Even more if it is icy on the road."

The next thing people need to focus on is their rate of speed. Too many people don't realize that the posted speed limit is just a suggestion when the weather isn't co-operating.

"People will read a sign that says 'Maximum 90 km' and they'll say, 'OK, I'll go 90,'" Wilson added. "That speed means under ideal conditions. You want to drive to the conditions and that may mean going slower.

"It's amazing how many times I'm teaching classes and the students don't know that."

When it comes to keeping your car going in the right direction, Wilson said it's vital to keep your hands at 9 and 3 on the steering wheel.

"It's less fatiguing and it gives you more control," he said. "Nine and 3 is your best hand position if your air bag deploys and it allows you to do a complete lane change for emergency recovery. It also helps you know where straight is and prevents oversteering."

Lastly, it's important to focus on time. Wilson explained that too many people don't leave themselves enough time or fail to heed the weather warnings.

"Sometimes people set themselves up for failure," he said. "They leave late, they don't check the road conditions, they rush, and they don't give themselves enough space."

And sometimes the best way to give yourself time is to take a trip another time. "The first thing you want to do is check the road report and see what the roads are going to be like," Wilson explained. "If they're telling you that a horrible storm is coming, maybe you want to avoid taking that trip."

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metro SPORTS

Former quarterback Damon Allen and CFL commissioner Jeffrey Orridge arrived at Toronto's HMCS York by boat with the Grey Cup Tuesday

Big week lined up for Messam at home

GREY CUP 2016

Leading rusher could win top Canadian award and title

Stampeders running back Jerome Messam ran for 133 yards and a touchdown in his last game in Toronto on Oct. 10. RICK MADONIK/TORSTAR NEWS SERVICE

Jerome Messam is going home for his first Grey Cup after seven seasons and five different CFL teams.

The CFL's leading rusher will play a prominent role for the Calgary Stampeders in Sunday's game against the Ottawa Redblacks in his hometown of Toronto.

Messam, 31, played high school ball at Notre Dame Catholic Secondary School in the Toronto suburb of Brampton.

"It's my first Grey Cup. It's been seven years. I'm trying to keep my emotions at bay right now," Messam said. "I know when we get out there on Sunday, it's going to be just a feeling of me arriving.

"I'm from Toronto. I'm going to have a lot of family there to support me. My lady's there. She's pregnant right now, so I'll be home chilling with them."

The Stampeders flew to Toronto on Tuesday for the 104th Grey Cup.

A punishing running back at six-foot-three and 254 pounds, Messam has gained a foothold in Calgary after previous stops in B.C., Edmonton, Montreal and Saskatchewan that lasted two seasons or less.

He topped the CFL in rushing with 1,198 yards in 2016 and was one of just two players to surpass 1,000.

1,198

Messam led the league in rushing with 1,198 yards on the ground.

Messam is a double threat on offence because of his receiving skills. He totalled 485 passing yards and ranked second in the league in touchdowns with a combined 12 on the ground and in the air.

He set career highs this season in rushing and receiving yards, touchdowns, carries (206) and receptions (54).

Messam's body of work earned him consideration for the CFL's Outstanding Canadian award for a second time in his career.

He won the trophy in 2011 after rushing for 1,057 yards for the Edmonton Eskimos. At the time, Messam was just the third Canadian running back since 1960 to run for over 1,000 yards.

Messam is up against Hamilton Tiger-Cats receiver Andy Fantuz for the Canadian award this year. Winners will be announced Thursday night in Toronto.

"I'm very blessed for it to unfold like this," Messam said. "Hopefully I can win the award, win the game on Sunday at home in front of family and friends. Can't write the script any better." THE CANADIAN PRESS

Winning is a family matter for Burris

With experience has come a new perspective for Henry Burris.

The 41-year-old quarterback will make his third Grey Cup appearance in four years Sunday, when he leads the Ottawa Redblacks against the Calgary Stampeders at Toronto's BMO Field. But while Burris is driven to win a third career CFL championship, this time it's to share the victory with his wife, Nicole, and their two sons, Armand and Barron.

Armand was a toddler when Burris last won the Grey Cup in 2008 with Calgary, and Barron hadn't yet been born. A win Sunday would allow his boys to celebrate by eating Froot Loops from the hallowed trophy.

3

Burris is one of just three CFL players to pass for over 60,000 career yards (Anthony Calvillo and Damon Allen).

"That's something I definitely want to experience with my family," Burris said. "For me, that's what this entire journey has been about because if it wasn't for these couple of knuckleheads, making me have to stay on them to keep myself right, I wouldn't be here.

"That's why I'm out there giving it my all because I want to see the smiles on their faces and be able to celebrate truly what we've been through these past 20 years together and try to enjoy this special moment."

One lesson Burris has learned over his 17 CFL seasons is there are no guarantees in pro football. Ottawa is making a second straight Grey Cup appearance despite posting an 8-9-1 record.

That made Ottawa the first team in league history to finish first in a division with a sub-.500 record and gave Burris a deeper appreciation of being given yet another chance to win a championship.

"We weren't guaranteed to be back here this year and so that's why each and every moment that we have to get back to The Show, it means that much more because I can't play until I'm 50," Burris said. "I'm not (hockey legend Gordie Howe) and I'm not playing until I'm 52 because at some point I want to sit in the stands and watch these kids and be around crazy hockey parents in Ontario and Ottawa."

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Spurs exit Europe with a whimper

CHAMPIONS LEAGUE

Londoners outplayed as Monaco claims group top spot

Monaco sealed first place in Group E of the Champions League with a 2-1 win over Tottenham in a thrilling display of attacking football on Tuesday.

Needing just a draw against the only side to remain unbeaten in the Premier League to progress to the knockout phase, Monaco did not hold back. However, it took the hosts 48 minutes to break the deadlock with a goal from Djibril Sidibe, who then turned provider when Thomas Lemar scored the winner five minutes later.

Harry Kane had equalized from the penalty spot for Spurs, which can no longer qualify for the knockout phase.

"We got ourselves back in the game at 1-1 and it was schoolboy to concede straight after that," Kane said. "We had to try to grind out a win because we were not great tonight. The second goal took the stuffing out of us. I just don't think on the day we were good enough."

Monaco went ahead when Sidibe, unmarked in the box, planted a powerful header into the net from Benjamin Mendy's cross. Monaco could not hold on to its lead for long as a rare mistake from Kamil Glik, who dragged Dele Alli down in the area, resulted in a penalty. Kane converted it with a powerful spot-kick.

But Spurs' defensive inadequacies were exposed less than a minute after their equalizer. From the resulting kickoff, Sidibe burst down the right before crossing for Lemar. The highly-praised midfielder, who scored in the corresponding fixture in September at Wembley, restored Monaco's advantage with a shot into the far corner.

"It was a great evening," Sidibe said. "We're playing with a conquering mindset at the moment."

It was a deserved win for Monaco, which was the better team for most of the game.

In a lively start, Tottenham created the first dangerous move when Son Heung-min beat the offside trap on a swift counterattack but ended up losing possession.

The hosts replied immediately through Fabinho, who made the most of a poor clearance to make his way into the box and was brought down by Eric Dier. Radamel Falcao, the Monaco captain, took the penalty — only to see his low shot to the bottom corner superbly blocked by Hugo Lloris's diving save. With Kevin Wimmer replacing Jan Vertonghen in the heart of Tottenham's back four, Spurs struggled defensively and Monaco — the highest-scoring side in Europe's main domestic leagues — gradually took control and won the contest.

THE ASSOCIATED PRESS

TUESDAY in Monaco

2	1
MONACO	SPURS

12

Borussia Dortmund beat Legia Warsaw 8-4 to break the record for the most amount of goals scored in a Champions League game.

Djibril Sidibe of AS Monaco and Tottenham's Harry Kane challenge for the ball during the UEFA Champions League Group E. MICHAEL STEELE/GETTY IMAGES

RESULTS

- CSKA Moscow 1, Bayer 1
- **Leicester 2,** Club Brugge 1
- **Dortmund 8,** Legia Warsaw 4
- Dinamo Zagreb 0, **Lyon 1**
- FC Copenhagen 0, Porto 0
- Sevilla 1, **Juventus 3**
- **Monaco 2,** Tottenham 1
- Sporting 1, **Real Madrid 2**

Auston Matthews rounds the Carolina net during Tuesday's game. FRANK GUNN/THE CANADIAN PRESS

NHL

Leafs can't hack the Hurricanes

Former Maple Leafs winger Viktor Stalberg scored the go-ahead goal shorthanded on Tuesday night as the Carolina Hurricanes edged Toronto for their fifth straight victory. Jeff Skinner also scored for Carolina (8-6-4), Cam Ward stopping 25-of-26 shots.

Frederik Andersen made 27 saves for Toronto (8-8-3), which lost for only the third time in 10 games at home. Jake Gardiner was the only Leaf to beat Ward.

Gardiner opened the scoring for Toronto, blowing a point shot past Ward. A hearty screen from rookie winger Connor Brown made the shot difficult to see for the Hurricanes goaltender, who's been rolling of late. Ward came into Tuesday's action with a 5-1-2 record and .944 save percentage in November.

TUESDAY in Toronto

2	1
CANES	LEAFS

The Hurricanes leveled on a late period power play. Derek Ryan's initial attempt on the opposite side of the goal floated over Andersen and off the crossbar, eventually nudged into the net by the left skate of Skinner. The 24-year-old leads the Hurricanes with six power-play points and 16 points overall this season.

The Hurricanes jumped ahead in the back half of the second while killing a penalty. Carolina picked off Tyler Bozak's passing attempt in the neutral zone and sent Stalberg in alone, the former Leaf beating Andersen with his third goal in 17 games this season.

Leafs forward Auston Matthews has now gone 13 consecutive games without scoring.

THE CANADIAN PRESS

SWIMMING

Legend Phelps calls it a career

Michael Phelps has taken another step to put an official seal on his retirement.

ESPN and NBC Sports report Phelps told reporters Monday ahead of USA Swimming's Golden Goggle awards that he has removed himself from USA Swimming's drug-testing program. Phelps ended his previous retirement after the 2012 Games by rejoining the same program.

Phelps later reiterated his retirement on stage Monday, saying, "I'm done competitive swimming, but I'm never too far away from the pool."

Phelps also touched on his secret June wedding to Nicole Johnson. Phelps says he and Johnson married in a "small little ceremony" in order to make it easier for them to travel to the Rio de Janeiro Olympics with their infant son, Boomer.

They had a more formal ceremony last month in Mexico.

THE ASSOCIATED PRESS

Michael Phelps. GETTY IMAGES

IN BRIEF

United fans found hiding in washroom

Some fans will do anything to watch Manchester United play at Old Trafford.

Two United supporters took an official tour of the English club's iconic ground on Friday, the day before United played Arsenal there in a high-profile Premier League game. Instead of leaving with the rest of the group at the end of the tour, the two fans hid in the bathroom and were found during a security sweep before the lunchtime kickoff.

THE ASSOCIATED PRESS

Notre Dame to be stripped of title for misconduct

The NCAA announced Tuesday that Notre Dame must vacate all 21 victories from the 2012 and 2013 seasons, including the 12-0 run that vaulted the Fighting Irish into the national title game against Alabama.

The reason is a former student athletic trainer committed academic misconduct by doing substantial course work for two players and impermissibly helped six others. The school said it would appeal the decision. THE ASSOCIATED PRESS

Montreal mayor announces Canadian Grand Prix return

Montreal's mayor says the Canadian Grand Prix will be back next June.

Denis Coderre announced Tuesday there was an agreement in principle between race promoter Groupe Octane and Formula One World Championship Limited.

The provisional Formula One schedule was published in late September with an asterisk next to the Canadian race, scheduled for June 11.

THE CANADIAN PRESS

RECIPE Chicken with Beans and Rice

PHOTO: MAYA VISNYEI

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 60 minutes
Cook time: 50 minutes
Serves 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions
1. Preheat oven to 350 F.
2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

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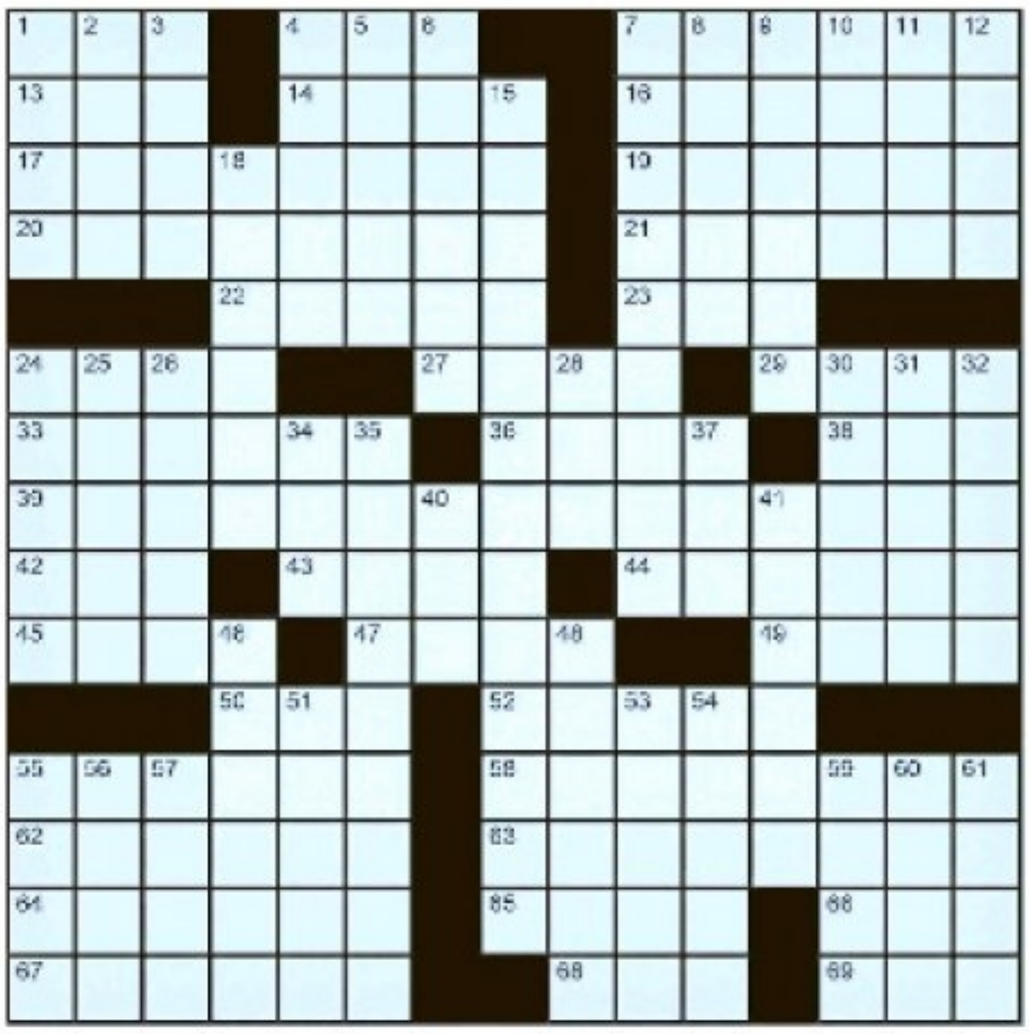
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer: 2 wds.
17. __ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey: 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give __ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythology hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long __ both shall live?"
50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company, __ Human Steps
63. Mix, as oil and vinegar
64. Got slippery, like a Winter road: 2 wds.
65. 1990s kind of party
66. Ms. West
67. Gives a speech for the bride and groom
68. __ worth
69. Belonging to the Beaver State, for short

DOWN
1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality
5. Blood __
6. Ringed planet
7. __ scale, in music
8. "Don't be such __!" (Show some enthusiasm!)
9. Negative response to The Queen, informally: 2 wds.
10. Curious as __
11. Cornmeal bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An __ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hershiser's of baseball
31. "__ Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "__ all good." (No worries)
35. Golfing hazards: 2 wds.
37. ___ Prince Albert of Monaco
40. __'easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armee du __ = The Salvation Army
53. Particular purple
54. Chesterfield __ (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, __ Rabanne
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

Taurus April 21 - May 21
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

Gemini May 22 - June 21
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

Cancer June 22 - July 23
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

Virgo Aug. 24 - Sept. 23
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

Libra Sept. 24 - Oct. 23
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

Scorpio Oct. 24 - Nov. 22
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

Sagittarius Nov. 23 - Dec. 21
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

Capricorn Dec. 22 - Jan. 20
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

Aquarius Jan. 21 - Feb. 19
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

Pisces
Feb. 20 - March 20
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
		2				6		
	6	5				3	9	
7								2
2								1
	9	6	8		5	7	4	
			5		6			
		1				5		
		8	7	3	9	1		

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Your daily crossword and Sudoku answers from the play page.

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9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4

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